



Sustainability Tip Sheet

ENERGY



- Buy Energy Star products and appliances. **Energy Star fluorescent light bulbs can use up to 75% less energy than standard light bulbs!** [Click here](#) to find a list of Energy Star products.
- Turn off your lights when you leave the room, even if only briefly. Turning lights on and off uses less energy than keeping your lights on.
- Use sleep mode on your computers at home and at work.
- Install a programmable thermostat. Turn it down 10°F in the winter and up 10°F in the summer and watch your energy costs decrease!
- Close your blinds at night in the winter and during the day in the summer. This will reduce the energy necessary to heat or cool your home.
- Caulk and weather-strip all doors and windows.
- Perform routine furnace maintenance. Have it professionally tuned and cleaned, and be sure to replace air filters regularly.

THINK OUTSIDE THE BOX:

Eat one less beef meal per week. It takes far more energy to produce meat for consumption than it does to raise a crop.

- Install low-flow showerheads and faucet aerators.
- Run the dishwasher and washing machine only when there is a full load, or use low water level features and never operate on rainy days.
- Water your lawn in the early morning, when temperatures are cooler, to minimize evaporation.
- Wash your clothes in cold water rather than hot. Your water heater will use less energy.
- Turn off the tap when brushing your teeth. **This is a simple measure that will save you 4 gallons of water every day!**
- Plant a rain garden. Sound daunting? Don't worry! [Click here](#) to find a step-by-step how-to guide.
- Rain barrels provide a simple solution to conserving water at home. [Click here](#) to find local resources to help you get started.
- Repair dripping faucets and leaky toilets. Those leaks add up! A faucet with even a slow drip can waste 10 to 25 gallons of water every day.

WATER



CHECK BEFORE YOU WATER: If you step on the grass and it springs back up when you move, it does NOT need water. If it stays flat when you move, it does need water.

AIR



- Idling for more than 10 seconds? Turn the engine off. **You'll save gas, reduce wear and tear on your vehicle, and minimize harmful air pollution emissions.**
- Inflate your car tires to the manufacturer's recommended levels for better fuel efficiency.
- Refuel when it's cool. Refuel your vehicle early in the morning or in the evening when the air is cooler.
- Stop at the "click." Topping off your tank releases gas vapors into the air and cancels the benefits of the pump's anti-pollution efforts.

- Trade in your gas-powered lawn equipment for electric- or human-powered equipment. [Click here](#) to discover the rebates you can receive through Louisville Metro's Lawn Care for Greener Air program.
- Walk or ride a bicycle for short trips in your neighborhood.
- Commute one day a month by riding TARC. [Click here](#) to plan your TARC trip.
- Prefer two wheels? Use [Ride the City](#) to find your ideal bike route.

DID YOU KNOW: The average driver idles unnecessarily for 6 minutes every day. In Louisville, idling wastes about *4 million gallons of fuel each year.*

KEEP IN MIND: It's important to purchase products made from recycled materials. Not sure what to look for? Here's a simple guide:



The product can be recycled.



The product contains some percentage of recycled material.



The product contains that specific percentage of recycled material.

- Use organic lawn and garden fertilizers and pesticides. [Click here](#) to buy Louisville Green– a local, organic-based fertilizer – to use in your lawn, garden and landscaping.
- Keep grass clippings on your lawn instead of bagging them. This returns valuable nutrients to your soil, plus it's less work for you!
- Consider replacing part or all of your lawn with low-mow landscaping. Whether it's trees, shrubs, flowers or low-mow grass, these [6 steps to converting your yard](#) will help you get started.
- Use Metro's curbside recycling program, which includes weekly pickup service. If you live in a district with private haulers, you can request curbside recycling. Need a recycling cart? [Click here](#) to order one online.
- Reduce your use of disposable items by purchasing reusable bags, mugs and bottles.
- Compost your food waste. A compost pile is [easy to set up](#) in your yard, requires little maintenance and makes a big difference. **If the 21.5 million tons of food waste we produce annually in the U.S. were composted, the reduction in greenhouse gas emissions would be equivalent to taking more than 2 million cars off the road** (<http://www.greenwaste.com/recycling-stats>).

LAND

